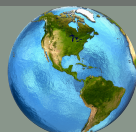


GANDHI'S REFLECTIONS...

Echoes of Peace, Non-violence, and Harmony

Editorial Team: Dr. Sushil Kumar & Anil Agrawal

NOVEMBER 2024



ISSUE 9



Our Mission: Educating communities on Gandhi's peace and non-violence principles and fostering harmony across cultures.

Contribute content/Provide feedback

2024 Programs and Events

Our Community Education Initiatives

Gandhi's Vows for Youth

Students (14-27) learn Vows and write an Essay

Gandhi's Vows for Kids

Parents/teachers teach Vows to Kids (9-13). Kids draw a picture or write a poem/short essay

Inner Peace Journey - Self-learning

People community-wide embark on an Inner Peace Journey.

Monthly Newsletter

"Gandhi's Reflections" - disseminating Gandhian wisdom

Events

Dec 15 - Annual General Meeting

Nov 17 - Our flagship event featuring Dr. Alex Damm of Wilfrid Laurier and Dr. Noel Salmond of Carleton University.

Oct 24 - Tree Planting

Oct 19 - Cultural function--music, drama, dances + community dinner.

Oct 5 - Garlanding of Statue with singing of hymns & speeches.

Aug 10 - Algonquin Elder William Commanda's Vision- A Legacy of Peace and Environmental Stewardship (A presentation by A Circle of All Nations)

June 1 - Food Kitchen Service

May 25 - Inner Peace Session

May 4 - Park Cleaning

Feb 2 - Gandhi Memorial Day featuring Bill McKibben's talk on "Climate Control" -- over 400 attendees were engaged in discussion.

Honoring our Life Members

Echoes of Gandhi (Past Lectures)

Upcoming Events

Poster: Gandhi's Vows/Values

Poster: Community Education

Youth Essays

Divya Taneja (Aparigraha)

Sayan Majumdar (Ahimsa)

Pritha Chirag-Shah (Brahmacharya)

Video: Spiritual Message (in Gandhi's Voice)

Book: The Nonviolence Handbook

Article: Gandhi's Vow on Religious Equality

Video: Book Summary - Gandhi The Man

Book: Gandhi's Global Legacy-- Moral Methods and Modern Challenges

Gandhi's Enduring Teachings



Honoring Our Life Members: Trustees, Sponsors, and Patrons

Your unwavering support and commitment inspire us every day.

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AN APPEAL TO THE COMMUNITY

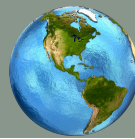
Join Us in Making a Difference - Become a Life Member and Support Our Mission

JOIN US TODAY: [GANDHIJI.CA/JOINUS](https://gandhiji.ca/joinus)

Your contribution helps us continue to educate and inspire our community with Gandhian principles. Together, we can make a lasting impact.



If we could erase the "I's" and "Mine's" from religion, politics, economics, etc., we shall soon be free and bring heaven upon earth.



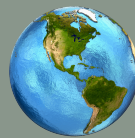
Echoes of Gandhi:

Past Lectures Revisited

[Roster of All Events \(2024 - 2006\)](#)

- 1) 2024 "Notes from the Climate Struggle" by Bill McKibben (Talk published in Newsletter-Issue # 1)
- 2) 2023 "Impact of Jain Religious Tradition on Gandhi" by J. Humar (Talk published in Newsletter-Issue# 2)
- 3) 2022 "Peace in a Picemeal World" by Jaya Row (Zoom Call) (Talk published in Newsletter-Issue# 3)
- 4) 2021 "Mahatma Gandhi & Islamic Non-violence" - Panel Discussion (Talk published in Newsletter-Issue# 4)
- 5) 2021 "Turning the Tide on Non-violence in Education" by Jill Carr-Harris (Talk published in Newsletter-Issue# 5)
- 6) 2020 "Mahatma Gandhi - Beyond the Civil Rights Movement (Panel) (Talk published in Newsletter-Issue# 6)
- 7) 2019 "Gandhi and Human Rights" by Vinay Lal (Talk published in Newsletter-Issue #7)
- 8) 2019 "Gandhi: His Relevance in the Modern World - Panel Discussion (Talk published in Newsletter-Issue# 8)
- 9) **2019 "Jai Jagat: A 10,000 KM March..." by Jill Carr-Harris (Published in this Issue #9)**
- 10) 2018 "Gandhi and the Human Rights to Peace" by Douglas Roche
- 11) 2018 "Reflections on Gandhi, the Great Law of Peace and Indigenous Resurgence" by Taiiaki Alfred
- 12) 2017 "Samdarshana and Sambhava: Gandhi on the Plurality of Religions" by Dr. Bindu Puri
- 13) 2017 "Mahatma Gandhi Today" - Panel Discussion
- 14) 2016 "A Centre for Peace (A Vision for the Sacred Islands in the Ottawa River)" by Douglas Cardinal
- 15) 2015 "The Mahatma, the Pope, and the Planet - Gandhian Reflections on the Pope's Recent Letter on Environment" by Dr. Noel Salmond
- 16) 2014 "Gandhi's Solution to Religious Conflicts" by Dr. Arvind Sharma
- 17) 2014 "Non-Violence Conference (A Weapon of the Strong)" - St. Paul University
- 18) 2013 "Gandhi's Religion and the Politics of Hinduism" by Vinay Lal
- 19) 2013 "Gandhi as Social Visionary: The Grassroots Work of Ekta Parishad" by Paul Schwartzentruber
- 20) 2012 "In Search of Pax Gandhiana" by Dr. Anthony J. Parel
- 21) 2011 "Encountering Gandhi on the Rideau River" by Dr. Noel Salmond
- 22) 2010 "Mythic Origins of Non-violence" by Devdutt Pattanaik
- 23) 2009 "The Influence of Vaishnavism on Mahatma Gandhi" by Dr. Harsha Dehejia
- 24) 2008 "Gandhi and Women" by Trichur Rukmani
- 25) 2007 "Gandhi, Religion & Non-violence" by Dr. Paul Younger
- 26) 2007 "Gandhi and the Question of the Worship of Images" by Dr. Noel Salmond
- 27) 2006 "Gandhiji's Ideals: Truth and Non-violence, Religion and Non-Violence" by Dr. Trichur Rukmani

**He who is ever brooding over result often loses nerve
in the performance of his duty.**



Past Lecture # (9)

2019 "JAI JAGAT 2020 – 10,000 KM MARCH FROM NEW DELHI TO GENEVA"
by Jill Carr-Harris



ChatGPT Summary of the Video: The video discusses the concept of "Jai Jagat," which emphasizes recognizing every individual as part of the universal family to promote peace. It highlights the grassroots movements in India working towards land reform and non-violence through collective action. The speaker encourages participants to reflect on their role in fostering a non-violent world and addressing the needs of marginalized communities.

You are tasked with providing a summary or transcription of a presentation while ensuring that no sponsorships or brand names are mentioned. Focus on conveying the main ideas and themes discussed without any specific references to brands or corporate entities. Keep the summary concise.

How can global marches impact social change in today's world?

Global marches can have a significant impact on social change in today's world through several key mechanisms:

1. **Raising Awareness**: Global marches bring attention to pressing issues such as climate change, social injustice, and human rights violations. By gathering large groups of people, they can amplify their message and reach a wider audience, which helps to educate the public about these critical topics.
2. **Building Solidarity**: These events foster a sense of community and solidarity among participants and supporters from different backgrounds. This collective action can strengthen movements and encourage collaboration among various groups and organizations advocating for similar causes.

... Page 2/3



Past Lecture #9: "Jai Jagat 2020 - 10,000 km March from New Delhi to Geneva" (page 2/3)

How can global marches impact social change in today's world? (continued from p 1/3)

3. ****Influencing Policy****: Marches can put pressure on governments and institutions to address the issues being highlighted. Policymakers may be more inclined to take action or implement reforms when faced with a large, organized group demanding change.
4. ****Creating a Platform for Voices****: Global marches provide a platform for marginalized and underrepresented communities to share their stories and perspectives. This inclusion helps to highlight the urgency and importance of their issues, making it harder for decision-makers to ignore them.
5. ****Inspiring Action****: Participating in global marches can inspire individuals to get involved in activism and advocacy beyond just the event. People may be motivated to join local organizations, participate in further events, or engage in conversations that encourage change within their communities.
6. ****Cultivating a Non-violent Approach****: Many global marches emphasize non-violence, which can lead to a more peaceful discourse around issues. This approach helps to set a tone for discussions, encouraging constructive dialogue rather than confrontational rhetoric.

Overall, global marches serve as a vital tool in the arsenal of social change, enabling communities to come together, raise their voices, and demand the change they wish to see in the world.

How can individuals contribute to global citizenship in their communities?

Individuals can contribute to global citizenship in their communities through several impactful actions:

1. ****Educating Themselves and Others****: Learning about global issues such as climate change, social justice, and human rights can empower individuals to engage in informed discussions. Sharing knowledge with friends, family, and community members can raise awareness about critical global challenges.
2. ****Volunteering****: Engaging with local organizations that focus on global issues—such as refugee assistance, environmental conservation, or social equity—can create positive change. Volunteering not only helps those in need but also fosters a sense of community and connectedness.

... Page 3/3



Past Lecture #9: "Jai Jagat 2020 - 10,000 km March from New Delhi to Geneva" (page 3/3)

How can individuals contribute to global citizenship in their communities? (continued)

3. ****Advocacy and Activism****: Individuals can participate in local, national, or global campaigns that align with their values. This can include attending protests, signing petitions, and contacting elected representatives to voice concerns on global issues or support policy changes.
4. ****Promoting Inclusivity****: Embracing diversity and promoting inclusivity within their own communities can contribute to a more equitable environment. This can involve supporting marginalized groups, participating in cultural events, and fostering dialogues that celebrate differences.
5. ****Conscious Consumerism****: Making informed choices about where and how to spend money can reflect a commitment to global citizenship. Supporting local businesses, ethical brands, and fair trade products helps to promote sustainable and equitable practices.
6. ****Sustainable Practices****: Implementing environmentally friendly practices, such as reducing waste, conserving energy, and minimizing carbon footprints, contributes to global conservation efforts. Sharing these practices with others encourages collective action towards sustainability.
7. ****Connecting Globally****: Engaging with international communities through social media, exchange programs, or global discussions can broaden perspectives. Building relationships with people from different cultures helps to foster understanding and cooperation.

By taking these actions, individuals can play an essential role in advancing global citizenship and making a positive impact in their communities and beyond.



Upcoming Events

December						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday, Dec 15 (3-5 PM)
Annual General Meeting 2024
 Review of the Year 2024
 Future Outlook
 Board Elections
 Open to all - Register to attend

01 JAN 2025						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Saturday, Feb 01 (3-5 PM)
Gandhi Memorial Day 2025
 Gandhi's Martyr Day Commemoration
 A Talk by a guest speaker



GANDHI'S VOWS/VALUES: PATHWAYS TO PEACE & COMPASSION!

"True inner peace empowers us to see the world's suffering clearly and inspires us to act with compassion and resolve to alleviate it."

1. Truth (Satya)

Tell the truth, be honest and bright,
Speak with your heart, and do what's right.

2. Nonviolence (Ahimsa)

Be kind to all, don't hurt or fight,
With gentle hands, we make things right.

3. Non-stealing (Asteya)

What isn't yours, leave it be,
Respecting others' property.

4. Self-discipline (Brahmacharya)

Use your energy, mind, and might,
To learn and grow, and do what's right.

5. Non-possession (Aparigraha)

Keep what you need, share the rest,
Giving to others is always best.

6. Control of Palate (Asvada)

Eat what's healthy, eat what's good,
For a happy mind and a healthy mood.



**MAHATMA GANDHI
1869 - 1948**

Gandhi lived his vows daily, embodying a life of peace, simplicity, and profound inner strength. Through his commitment to nonviolence, truth, self-discipline, and equality, Gandhi's serene presence reflects the deep inner harmony and unwavering dedication to his principles.

7. Fearlessness (Abhaya)

Be brave and bold, face your fears,
With courage and smiles, wipe away tears.

8. All Religions Equal (Sarva Dharma Samanatva)

All beliefs deserve respect,
In every faith, love is kept.

9. Freedom from Untouchability (Asprishyatanivaran)

Treat everyone with equal grace,
No one's better, we all have a place.

10. Body-labor (Sharirshrama)

Work with your hands, work with pride,
Helping others, side by side.

11. Self-Reliance (Swadeshi)

Support your home, buy local too,
Helping our community, me and you.

Embrace "Gandhi's Vows" and cultivate personal integrity, inner strength, and kindness, growing stronger and more united communities, collectively contributing to social harmony.




COMMUNITY EDUCATION IN GANDHI'S VALUES

Community Newsletter

Gandhi's Reflections... Echoes of Peace Nonviolence and Harmony



Gandhi's vows for youth



GANDHI'S VOWS FOR YOUTH

YOUTH LEARN ONE OR TWO VOWS AND WRITE AN ESSAY.

WE INVITE UNIVERSITY, COLLEGE, AND HIGH SCHOOL STUDENTS TO UNRAVEL THE POWER OF GANDHI'S 11 VOWS

... and Write An Essay on One or More Vows of Your Choice.. Your Essay will be published in an eBook "Gandhi's Vows: Youth Perspective"

Embrace Gandhi's 11 Vows to find balance, enhance mental health, strengthen social connections, and discover purpose and fulfillment.

Pick a Vow, Learn, and Write Essay:

- Register as a participant.
- Browse the Vows Learning Guide.
- Choose a Vow that resonates with you and connects with your experiences and aspirations.
- Write (no AI) a 750-word essay in English or French, describing your perspectives on the application of this Vow in your life, in society, and in the world in modern times.
- Submit your essay online here.

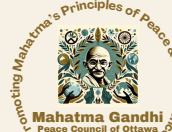
Deadline: Dec 31, 2024 (sooner the better)

Essay Evaluation & Rewards:

- Essay Evaluation on three criteria: Presentation, Relevance, Originality.
- A special ceremony with dignitaries like the High Commissioner of India and Mayor of Ottawa.
- The top three essays will earn an award.
- The top ten essay authors will present.
- A certificate and a memento to all participants to honor their contribution.
- A book/eBook titled "Gandhi's Vows: Youth Perspective" with include all Essays with their author's name, showcasing their work and sharing it with a broader audience.
- Your essays will radiate Gandhi's Vows and your influence throughout Ottawa.

YOUTH PERSPECTIVE IS POWERFUL - POST IT PROUDLY!
For Information, contact: Mamata Dutta (613-406-1970) | Anil Agrawal (613-859-8654)

Gandhi's vows for kids



GANDHI'S VOWS FOR KIDS

LET US TEACH COMMUNITY KIDS (9-13) GANDHI'S VOWS AND GET THEM TO EXPRESS THEIR CREATIVITY IN ART FORM.

CHILDREN'S ARTWORK WILL BE PUBLISHED IN A KIDS' PLAYBOOK.

"Gandhi's 11 Vows: Reflections from Young Minds"


... featuring kids' artwork and narratives, A creative journey through Gandhi's principles.

Here's how the project will run:

- Teachers/parents teach Kids Gandhi's Vows, using a manual: "Gandhi's Vows for Kids: Teaching Manual."
- Through stories and demos, help them grasp concepts like honesty, kindness, discipline, respect, and equality, and how to express it in artform or writing.
- Kids choose one or more vows, express it as a sketch/artwork, or an 8-10 line poem, or a 200-word essay/story to depict each vow.
- Submit kids' creation online. Submission Deadline: Dec 31, 2024

NOTES:

- There is no competition. All entries (artwork or writeup) with the kids name will be published in a Playbook.
- Launch of the Playbook: The Playbook will be displayed at a special function later this year.
- Attend a public function: All participating kids and their families/teachers will be invited to attend the function.
- Certificate of participation: Each kid will receive a certificate of participation in this project.



A child is a potent means of spreading goodness. The child has unbounded power to influence others.

— Mahatma Gandhi, as quoted in Mahatma Gandhi: Selected Political Writings, edited by Dennis Dalton

Inner Peace Journey



Inner Peace Journey

Achieve clarity, balance, and compassion through reflective practices and mindfulness.

Click: Inner Peace Journey - Learning Guide

Discover how to manage stress, build positive relationships, and embrace social responsibility for a fulfilling life.

INNER PEACE



COMPASSION

Practice of Inner Peace Journey – Individually and in groups.
These images depict people from diverse backgrounds collaborating and discussing with one another in various settings such as parks, community centers, and homes, engaged in shared pursuit of inner peace and social responsibility.

"Its all spirit and its all connected...Our choice is to live out of harmony with spiritual ways or in harmony with spiritual ways. Everything is spiritual." ~ William Commanda



YOUTH ESSAYS SUBMITTED

Yashas Naik

Grade 12 student, Lisgar Collegiate institute, Ottawa
Essay on "Abhay - Fearlessness"

[Newsletter #6](#)

Manasvi Tiru

Grade 12 (1B) student, Colonelby High School , Ottawa
Essay on "Satya - Truth"

[Newsletter #6](#)

Rhea Jain

Grade 12 student, All Saints High School, Kanata
Essay on "Ahimsa - Power of Nonviolence"

[Newsletter #7](#)

Abhishek Sinha

1st Year Computer Science student, Carleton University, Ottawa
Essay on "Abhay - Fearlessness"

[Newsletter #7](#)

Nidhi Chauhan

Master of Computer Science, University of Ottawa
Essay on "Nonviolence and Religious equality"

[Newsletter #8](#)

Abhijit Sinha

3rd Year Translational Molecular Medicine, University of Ottawa
Essay on "Brahmacharya - Self-Discipline"

[Newsletter #8](#)

Divya Taneja

Grade 9 student, Bayview Secondary School, Toronto
Essay on "Aparigraha - Non-possession"

[This Newsletter - Page 11](#)

Sayan Majumdar

Grade 12 student, Ottawa Technical Secondary School
Essay on "Ahimsa - Nonviolence"

[This Newsletter - Page 14](#)

Pritha Chirag-Shah

Grade 10 student, Earl of March Secondary School
Essay on "Brahmacharya / Self-Discipline"

[This Newsletter - Page 17](#)

DISCLAIMER:

The essays are published (unedited) as received from the Youth.

If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.



DISCLAIMER: The essay is reproduced as received from the student without editing;

Essay on 'Aparigraha / Non-possession' by Divya Taneja

(Grade 9 student, Bayview Secondary School, Toronto)

Topic: "Embracing Aparigraha/Non-possession: A Path to Sustainability, Equality, and Well-Being"

In a society where material possessions are valued more than moral principles, non-possession, or Aparigraha, is a very important concept. Aparigraha prioritizes the importance of relationships and experiences over material goods. It encourages us to focus on spiritual fulfillment by distancing ourselves from superficial happiness. This essay explores the importance of Aparigraha; it can help us address pressing environmental issues, promote equality, and improve collective well-being.

Materialism and greed have a grave impact on society. First of all, the pursuit of material possessions often leads to environmental loss. The manufacturing industry, for instance, has been cited as the second-largest contributor to climate change, trailing only the electricity sector. Additionally, research done by the International Energy Agency found that the industrial sector is responsible for nearly twenty percent of carbon dioxide emissions in 2022. Furthermore, the consumption of freshwater in factories accounts for over twenty percent of all global freshwater extractions, leading to significant depletion and pollution of freshwater sources. It is evident that the pursuit of material possessions isn't sustainable, and leads to great environmental loss.

In addition to harming our environment, greed perpetuates inequality in our society. Material wealth fosters socioeconomic divisions that are glaringly evident in the world today. An individual's salary determines their access to key resources like education, healthcare, and safe housing.

... 2/3



Divya Taneja's Essay on "Aparigraha / Non-possession" (Page 2/3)

In India, for example, there is a stark contrast in educational quality between urban and rural dwellers. Urban residents have access to better learning environments and more qualified educators, which in turn opens doors to high-paying jobs. In a society driven by material wealth, these divisions only widen, as those with more material possessions, or resources, continue to accumulate privilege while others remain trapped in cycles of disadvantage. If we embrace Aparigraha, or non-possession, we can create a society that prioritizes equality and breaks down socioeconomic barriers.

In addition, practicing Aparigraha is imperative to increasing the overall happiness and well-being of society. According to recent research, the relentless pursuit of wealth is correlated with signs of emotional and psychological distress, such as increased stress, exhaustion, despair and even increased symptoms of anxiety and depression. Furthermore, greed is not only detrimental to the mental health of an individual, but is also linked to maladaptive habits such as gambling, hoarding, theft, deceit, fraud and corruption. At a time when depression rates are spiking and life satisfaction rates are plummeting, Aparigraha can improve overall happiness and revolutionize the way we live.

Non-possession offers a powerful solution to some of the most pressing issues we face today, from environmental degradation to inequality, and even declining societal well-being. Amidst a society that is plagued by greed, Aparigraha is evidently something that needs to be implemented by everybody. This raises the question; how can we practice Aparigraha in our lives? In the wise words of Mahatma Gandhi, "Non-possession means that we should not hoard anything that we do not need today." However, in today's consumer-driven world, adopting such a mindset is challenging. Therefore, we can gradually integrate Aparigraha into our daily lives, using small, mindful steps.

Aparigraha can be practiced through regular gratitude and constant generosity. Practicing gratitude shifts our focus away from our material desires and helps us appreciate life's intangibles, reducing our need for material possessions that only offer temporary satisfaction. Furthermore, embracing generosity helps decrease our attachment to material wealth.

As we navigate a world dominated by consumerism, I invite you to join me in intentionally practicing Aparigraha. By embracing Aparigraha, we can collectively move towards a more sustainable, equal, and happy society.

... 3/3



Divya Taneja's Essay on "Aparigraha / Non-possession" (Page 3/3)

Throughout his life, Gandhi ji practiced this vow by drawing from various religious teachings. His famous assertion, "I am not a Hindu, a Christian, a Muslim, or a Jew. I am a human being," reflects his belief in the fundamental unity of all humanity. Gandhi organized **multi-faith prayer meetings** where scriptures from Hinduism, Islam, Christianity, and other religions were read, symbolizing his deep respect for spiritual diversity. His conviction that all faiths were equal drove him to challenge religious divisions and tensions, particularly during periods of **communal violence** in India.

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Essay on 'Ahimsa / Nonviolence' **by Sayan Majumdar**

(Grade 12 student, Ottawa Technical Secondary School)

Topic: "Living Ahimsa: Embracing Nonviolence in Our Daily Lives"

To introduce the concept of Ahimsa, I would highlight its specific meaning - the absence of any intention to murder biological beings. The root form "hims" itself means "intention to kill." So, a-himsa means literally "lacking any desire to kill". Ahimsa's gives special significance to the defense of the environment, habitats, and vegetarianism. I highlight the concept of non-injury to the biological beings such as humans, in the religion of Hinduism.

Gandhi learned the notion of ahimsa from his wife. Her determined resistance to Gandhi's will to bend her to his liking cured him of his stupidity in his early beliefs and, she eventually became his mentor in ahimsa. According to Gandhi, broadly Ahimsa means someone may not insult others, bear unpleasant thoughts, even in association with anybody who believes them rivals.

Gandhi was globally identified through the victorious symbol of Truth (Satya) and non-violence (Ahimsa). The knowledge of Truth and non-violence was embedded into his sincere belief in God's reality. According to Gandhi, "There is no other God than Truth... and the only means for the realization of Truth is Ahimsa... a perfect vision of Truth can only follow a complete realization of Ahimsa."

Also, Gandhi emphasized that Truth and non-violence are combined with each other. In addition, God or Satya can be imagined solely using Ahimsa, as he highlights. As a matter of fact, Ahimsa is served as the main core of the search for Truth. Another related concept that Gandhi highlighted is called "Satyagraha," a Truthful weapon, which is sworn to Ahimsa.

... Page 2/3



Essay (Sayan Majumdar on Ahimsa/Nonviolence) - Page 2/3

Ahimsa promotes absolute security to one's self-esteem and a sense of honour. Ahimsa has no support in the shield of illegal gains and unethical acts. In his autobiography, *The Story of My Experiments with Truth*, Gandhi wrote, "To see the universal and all-pervading Spirit of Truth face to face, we must be able to love the meanest of creation as oneself." Gandhi also acknowledged, "My love for nonviolence is superior to every other thing mundane or supramundane. It is equaled only by my love for Truth, which is to me synonymous with nonviolence through which and which alone I can see and reach Truth."

With regard to Gandhian non-violence, we can note some important points – Ahimsa is an attribute of the brave; cowardice and Ahimsa don't go together. An individual will be the most powerful once armed with the sword of Ahimsa.

Following are several real-life examples that can be practised in our daily lives:

Peaceful Family and Social Life – we can practise humility and tolerance as the very first step in our daily life including our personal family life. This means the men will be free from ego and pride, leading to a peaceful family and social life.

Peaceful Political Protests – the people participating in peaceful demonstrations to advocate for political or social justice issues, such as reformation of the government policies, change in immigration rules, racial equality, represent the practise of non-violence (Ahimsa). Today's corporations and governments don't hesitate using propaganda to manipulate the people. Hence, people should immunize themselves as best as they can against propaganda and fake news to stay calm.

Peaceful school environment – Students can practise non violence by engaging in dialogues and non-violent communications instead of showing aggression to others to resolve conflicts with peers. We have to believe that peace is not just the absence of war; we need to use the power we have, but in peaceful ways.

My proposed activities and reflections emphasizing ahimsa are detailed below:

Ahimsa Logbook – I'll start maintaining a diary titled "Ahimsa Logbook" where I will record instances where I practise Ahimsa by staying peaceful and non-violent amidst the challenging situations.

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Essay (Sayan Majumdar on Ahimsa/Nonviolence) - Page 3/3

Role-Playing with Cousins and Peers – I'll start scheduling regular session with my cousins and peers to engage in role playing exercises that may stimulate disagreements, disconsents, and conflicts. We will then try to resolve these conflicts through non-violent conversations and dialogues. We will also review and analyze the outcomes of the session including the emotions showed by every one of us.

Volunteer for Peace Movements – I believe peace does not mean inaction, simply avoiding conflict. I want to get involved in local and school-based initiatives to work together with others to build peace in our homes, our communities, and our world.

In conclusion, ahimsa knows no boundaries, and it always succeeds. Gandhi first launched the theory of non-violence to the West. He advocated and practised the notion of Ahimsa. He holds the point of view that without Satya and Ahimsa, there would be an obliteration of humanity, which is very unlawful. Gandhi expressed, "Ahimsa is the first article of my faith. It is also the last article of my creed."

My personal perspective on Ahimsa – it is a very simple belief that integrates into our daily lives, which makes us normal functioning individuals without violent characteristics.

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Essay on 'Brahmacharya / Self-Discipline' by Pritha Chirag-Shah

(Grade 10 student, Earl of March Secondary School)

Topic: "Building a Life of Purpose: The Role of Self-Discipline in Personal Growth"



In a world full of distractions and a desire for instant gratification, success doesn't come from your talents or opportunities but from self-discipline and consistency. Self-discipline, also known as Brahmacharya, is Mahatma Gandhi's fourth vow, which he embodied through minimalism and self-control. More than a principle, self-discipline is the foundation of personal and societal success. In this essay, I will explore how self-discipline shapes my personal life and how it impacts society and modern times. Self-discipline is crucial in my life because it enables consistency, supports long-term goals by resisting short-term temptations, and improves self-confidence and self-love.

First of all, self-discipline helps me maintain consistency when motivation fades. Motivation is fleeting, often influenced by emotions or external factors, while true progress requires a steady focus on key tasks. As a Kathak dancer, I frequently learn new choreography and to master it, I practice daily, even on days when enthusiasm is low. This consistent effort strengthens my memory, perfects intricate movements, and builds resilience. Over time, these small, repetitive actions result in a successful dance performance. The discipline I cultivate in dance extends to other areas, like academics. For instance, by breaking study sessions into manageable chunks, I retain knowledge effectively and stay prepared for tests and assignments. This habit underscores that discipline is the driving force behind any accomplishment. Self-discipline fosters a sense of responsibility and accountability. It pushes me to stick to my commitments and while many distractions in life make it seem overwhelming. This sense of control over my actions and behavior helps to build confidence in my ability to achieve my wishes and long-term goals. By learning to focus on the bigger picture of life, I have learned to embrace any challenges that come upon me as it is a growing opportunity. Ultimately, self-discipline is the main reason for success, a positive mindset, and empowering me to my full potential in every aspect of life.

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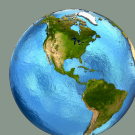


Essay (Pritha Chirag-Shah on Brahmacharya / Self-Discipline) - Page 2/2

Self-discipline is present in society as well. It helps to prioritize what is important in life and what is not. Living in a world today, where other's opinions can affect people on a very deep level, it is important to know what matters to us and what doesn't. The society we live in today has set standards and expectations that often make it challenging to stay true to our individual goals. Knowing the goals and things you want to accomplish in life, self-discipline is crucial. Self-discipline allows us to stay driven towards our personal values and goals while societal pressure is prone to distracting us. By resisting temptations and choosing long-term satisfaction over instant gratification or fitting into society's standards we can achieve the greatest joys of life and success. It keeps us contented, confident, and in control helping us navigate life with a purposeful meaning that everyone has.

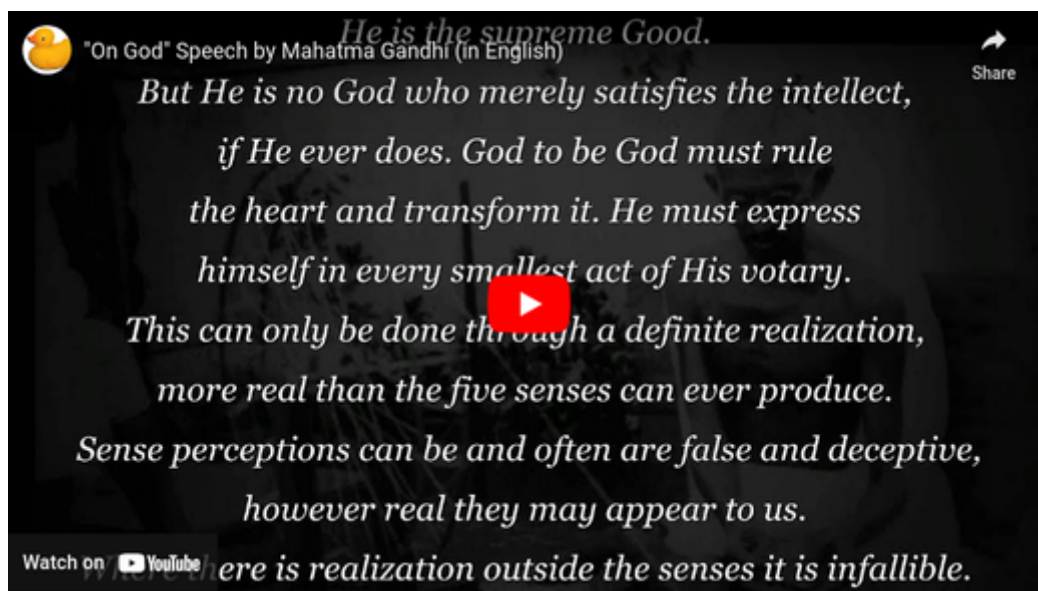
Self-discipline is present in the world of modern times, shaping the way individuals navigate through an increasingly fast-paced demanding world. In today's modern world, we are living in a technology-dominated world where the ability to access social media, and technology is increasing at a very fast pace. The ability to practice self-discipline and self-control is becoming more essential than ever before. Resisting the urge to scroll on social media endlessly and focus on tasks that are important to us to achieve success, self-discipline plays a crucial role in achieving this success. Not only does self-discipline help us in our productivity but also in our health, personal growth, and relationships as well. Self-discipline helps us in setting boundaries while we live in a world where over-commitment and burnout are very prominent. It helps us to prioritize what truly matters to us such as achieving long-term goals, meaningful friendships, and connections. More rather, self-discipline fosters resilience, while teaching us to persevere through challenges while having the determination to achieve our end goal. As our world evolves, those who adapt to self-discipline and resilience, are better able to adapt to a life with fulfillment, purpose, and balance.

In conclusion, self-discipline enables consistency, supports long-term goals, and embodies self-confidence and self-love. Inspired by Gandhi's teachings of Brahmacharya, it empowers individuals to live with purpose. It is the value that leads to success, personal growth, and fulfillment. By embracing it, we achieve our goals and discover a more meaningful and rewarding path to happiness. Ultimately, self-discipline isn't just a virtue, it is the way of life helping us navigate the challenges of modern times and building a future filled with resilience, and personal growth.



Spiritual Message (On God), 1931

Video: in Mahatma Gandhi's Voice



ChatTube Summary: In the video, Mahatma Gandhi speaks about an indefinable, mysterious power that permeates everything. Gandhi identifies this power as God. He emphasizes that this power, while unseen, can be felt and is responsible for the orderliness of the universe and the moral law that governs life. Gandhi encourages acceptance of this divine authority, stating that the actual realization of God transcends mere intellectual understanding and must transform the heart.

What lessons can we learn from Gandhi's approach to spirituality and compassion?

Gandhi's approach to spirituality and compassion offers several profound lessons that remain relevant today:

1. Unity of Law and the Divine: Gandhi believed that the law governing the universe is synonymous with God. This perspective encourages us to view natural laws—like truth and love—as divine principles guiding our actions.

2. Faith Over Reason: He emphasized that the true realization of spirituality transcends intellectual reasoning. This teaches us the importance of faith in our spiritual journey, suggesting that some truths can only be experienced rather than explained.

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Video: [Spiritual Message \(On God\), 1931...](#) (Page 2/3)

What lessons can we learn from Gandhi's approach to spirituality and compassion? (continued)

3. Transformational Power of Love: Gandhi saw love as the supreme good and essential to spirituality. His life exemplified how love can be a transformative force that influences our behavior and relationships.

4. Acceptance of Divine Authority: Accepting and surrendering to a higher power can lead to a more manageable and fulfilling life. This lesson encourages humility and trust in something greater than ourselves.

5. Moral Conduct as Evidence of Faith: Gandhi advocated for character transformation as a testament to one's spiritual realization. This suggests that authentic spirituality will manifest in our actions, positively impacting those around us.

6. Witnesses from Prophets and Sages: Gandhi pointed to the experiences of spiritual leaders throughout history as evidence of divine presence. This inspires us to reflect on the wisdom of those who have walked the spiritual path before us.

7. Rejection of Falsehood: He taught that denying the divine or moral law does not exempt us from its effects. This reinforces the ethical imperative to seek truth and act justly.

8. Living with Compassion: His life was a testament to living compassionately, which can guide us to develop empathy and kindness toward others.

These lessons remind us that spirituality is not just a personal journey but one deeply interconnected with how we relate to others and the world around us.

In what ways can acceptance of divine authority influence our lives?

Acceptance of divine authority can profoundly influence our lives in various ways:

1. Guidance and Direction: Believing in a higher power can provide a moral compass, helping us make decisions aligned with truth, love, and justice. This guidance can ease the uncertainty many face in life.

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Video: Gandhi's Spiritual Message (On God), 1931... (Page 3/3)

In what ways can acceptance of divine authority influence our lives? (contd.)

2. Sense of Purpose: Acceptance of divine authority often instills a sense of purpose. Viewing our lives as part of a larger plan can motivate us to pursue our goals with commitment and passion.

3. Inner Peace: Surrendering to divine authority can lead to greater inner peace, as it encourages trust in a higher plan. This acceptance can help alleviate anxiety about control and the future.

4. Strength in Adversity: Faith in a higher power can provide comfort and strength during challenging times. Knowing that we are not alone and that there is a greater purpose can help us endure hardships.

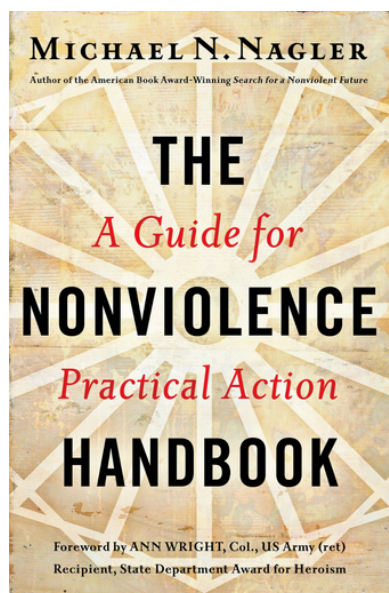
5. Improved Relationships: Embracing divine authority often fosters compassion and empathy towards others. Recognizing a shared connection can inspire us to treat people kindly, enhancing our relationships.

6. Accountability: Acceptance of divine authority may lead to a heightened sense of responsibility for our actions. Understanding that our behavior impacts ourselves and others can encourage ethical living.

7. Transformational Growth: This acceptance can spur personal and spiritual growth. It challenges us to reflect on our lives, fostering a continual journey of self-improvement and awareness.

8. Community and Belonging: Many find a community among similar beliefs. This sense of belonging can provide social support, vital for emotional well-being.

By accepting divine authority, we often navigate life with greater clarity, resilience, and a sense of connection that enriches our experiences.



Book Summary

"The Guide for Nonviolence - Practical Action Handbook"

by Michael N Nagler,
with a foreword by Ann Wright, Col., US Army

Source: <https://www.mettacenter.org/bookstore/p/the-nonviolence-handbook>

Summary: "The Nonviolence Handbook: A Guide for Practical Action" by Michael N. Nagler presents nonviolence as a powerful and effective method for enacting social change. Nagler clarifies that nonviolence is not simply the absence of violence but an active force grounded in compassion, respect, and a profound understanding of human nature. His goal is to change the perception of nonviolence from a passive stance to one that actively confronts injustice.

He starts by defining nonviolence and addressing common misconceptions that portray it as weak or ineffective. Nagler emphasizes that nonviolent action requires courage, discipline, and strategic planning. It entails actively resisting injustice without causing harm while seeking to transform opponents through empathy and understanding. He argues that nonviolence focuses on creating constructive solutions and building positive relationships.

The book explains the fundamental principles of nonviolent action and provides practical strategies, including peaceful protests, civil disobedience, and the development of programs that offer alternatives to oppressive systems. Nagler emphasizes the importance of understanding conflict dynamics and using effective communication to resolve disputes and promote lasting peace.

He provides inspiring historical examples, such as the movements led by Mahatma Gandhi and Martin Luther King Jr., illustrating how nonviolence can lead to significant social change. These stories highlight the tangible impact of nonviolent action and motivate readers by showing that ordinary individuals can achieve extraordinary results without resorting to violence.

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Book Summary: The Nonviolence Handbook: A Guide for Practical Action (Page 2/4)

Summary (continued):

Nagler emphasizes the importance of personal transformation, encouraging readers to cultivate patience, compassion, and self-discipline. He believes that inner growth increases the effectiveness of nonviolent activism. By developing these qualities, individuals can better navigate challenges and stay true to their principles, even in difficult situations.

"The Nonviolence Handbook" is a practical guide for anyone promoting peace and justice. Nagler's clear and accessible writing simplifies complex ideas, making them easy to understand. He offers actionable advice for personal relationships, community challenges, and significant social movements. The book encourages readers to take concrete steps based on nonviolent principles to create positive change in their everyday lives.

In summary, Michael N. Nagler emphasizes nonviolence as a powerful tool for creating a more just and peaceful society. His book inspires hope and encourages readers to believe they can make a meaningful impact through nonviolent actions. It serves as a call to action, inviting everyone to adopt nonviolence as a way of life and a strategy for effective social transformation.

Key Takeaways from this book:

Michael N. Nagler's "The Nonviolence Handbook: A Guide for Practical Action" offers valuable insights and practical advice for anyone interested in incorporating nonviolence into their everyday lives. Here are the key takeaways and tips presented in the book:

- **Nonviolence is Active, Not Passive:** Understand that nonviolence is not about inaction or weakness. It's an active and courageous response to injustice and conflict. It involves taking deliberate steps to address issues without causing harm.
- **Cultivate Inner Peace:** Personal transformation is the foundation of nonviolent action. Engage in meditation, mindfulness, or reflection to develop inner calm and clarity. A peaceful mind enables thoughtful responses rather than impulsive ones.
- **Practice Empathy and Compassion:** See situations from others' perspectives, including those you may disagree with. Empathy allows for deeper understanding and reduces the likelihood of conflict escalating.

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Book Summary: The Nonviolence Handbook: A Guide for Practical Action (Page 3/4)

Key Takeaways from this book (contd):

- **Use Nonviolent Communication:** Pay attention to how you communicate. Speak honestly but kindly, listen actively, and avoid language that blames or criticizes. This fosters mutual respect and opens the door to constructive dialogue.
- **Respond Constructively to Conflict:** When conflicts arise, address them calmly. Focus on finding solutions that meet everyone's needs rather than trying to "win" the argument. This approach reduces tension and promotes cooperation.
- **Practice Patience and Forgiveness:** Let go of grudges and be patient with others' shortcomings. Forgiveness frees you from negative emotions and helps build healthier relationships.
- **Engage in Community Building:** Participate in activities that strengthen your community, such as volunteering or local initiatives. Building strong connections fosters a supportive environment where nonviolence can thrive.
- **Stand Up Against Injustice Peacefully:** If you witness unfairness or harm, take action in a nonviolent way. This could include peaceful protests, writing letters, or supporting organizations that promote justice.
- **Lead by Example:** Demonstrate nonviolent principles through your actions. When others see you modeling these practices effectively, they are more likely to adopt them.
- **Educate Yourself and Others:** Learn more about nonviolence and its history. Share your knowledge with friends and family to spread awareness and encourage a broader cultural shift toward nonviolent solutions.
- **Develop Strategic Thinking:** Nonviolence is most effective when it's strategic. Plan your actions thoughtfully, considering the potential impacts and how they align with your values.
- **Maintain Hope and Perseverance:** Believe in the possibility of positive change. Nonviolent action can be challenging, but maintaining a hopeful outlook motivates continued effort.

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Book Summary: The Nonviolence Handbook: A Guide for Practical Action (Page 4/4)

Practical Tips for Practicing Nonviolence in Daily Life

- **Mindful Breathing:** Take deep breaths to maintain composure before responding to heated situations.
- **Active Listening:** Give full attention to others when they speak, acknowledging their feelings and viewpoints.
- **Positive Affirmations:** Remind yourself daily of your commitment to nonviolence to reinforce your intentions.
- **Set Boundaries Respectfully:** Assert your needs without aggression, and respect others' boundaries.
- **Random Acts of Kindness:** Regularly perform small, kind deeds to promote goodwill and reduce hostility.

Conclusion

Integrating these principles and practices into daily life contributes to a more peaceful and compassionate world. Nagler's handbook emphasizes that nonviolence starts with individual choices and actions. When embraced collectively, it can bring about significant social change. Remember that practicing nonviolence is a journey of personal growth that positively impacts yourself and those around you.



Gandhi's Vow on Religious Equality: A Path to Harmony in Canada and the World

ARTICLE CONTRIBUTED BY THE EDITORS

Synopsis:

The article discusses how Mahatma Gandhi's vow of religious equality, known as "Sarva Dharma Samabhava" or "equality of all religions," offers solutions to modern societal divisions and conflicts. Gandhi believed all religions lead to the same ultimate truth and emphasized shared principles like compassion, love, truth, and justice. He demonstrated his beliefs by engaging with people of different faiths and hosting interfaith prayer meetings, stating, "Religions are different roads converging upon the same point."

Beyond promoting religious harmony, Gandhi advocated for all individuals' inclusion and equal treatment, aligning with the Universal Declaration of Human Rights. Other leaders like Nelson Mandela and Martin Luther King Jr. echoed similar sentiments about recognizing our shared humanity.

In the Canadian context, embracing Gandhi's principles can help address challenges like religious intolerance and social exclusion. His ideas encourage viewing diversity as a strength, fostering dialogue between different groups, and addressing systemic inequalities, including reconciliation with Indigenous peoples. Applying Gandhi's vision through education, inclusive policies, community involvement, and personal commitment can enhance social inclusion and create a more peaceful world.

Today's society is faced with divisions and conflicts worldwide. Gandhi's wisdom can help us find solutions. He took a vow (a promise to himself) to treat all religions equally. This idea is called "Sarva Dharma Samabhava," which means "equality of all religions." He believed we should gracefully accept and respect, not just tolerate other religions. It promotes the idea that all humans are equal universally and that society includes everyone. This concept is relevant in Canada, where we value diversity and multiculturalism.

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Gandhi's Vow on Religious Equality ... (Page 2/5)

Gandhi's Views About Religious Equality

Gandhi said, "**I believe in the fundamental truth of all great world religions.**" He believed that all religions lead to the same ultimate truth and that no religion has all the answers or is better than others. Gandhi embraced the core principles that all faiths share: compassion, love, truth, and justice.

Gandhi demonstrated his belief in religious equality by acting on it. He actively mingled with people who embraced different religions, followed teachings from various faiths daily, and held prayer meetings where people of various religions could be together. Gandhi once said, "Religions are different roads converging upon the same point. What does it matter that we take different roads so long as we reach the same goal?"

Extending Religious Equality to Include Everyone

Gandhi's message extended far beyond promoting harmony among religions. He emphasized the importance of including and treating everyone equally, regardless of religion, race, ethnicity, or social status. He believed that all humans share the same spiritual destination. This broader understanding of equality aligns closely with the principles of the Universal Declaration of Human Rights.

Many world leaders have expressed similar views about looking beyond superficial differences and recognizing our shared humanity. Nelson Mandela stated, "No one is born hating another person because of the color of his skin, background, or religion." Martin Luther King Jr., the American civil rights leader, envisioned a society where individuals are judged by their character rather than their skin color, emphasizing equality and justice for all. Mother Teresa, a Catholic nun and missionary, believed peace comes from recognizing our interconnectedness. She advocated for compassion and service, urging people to see beyond their differences.

Such ideas encourage us to look past differences in race, religion, or background and recognize our shared humanity. These messages promote unity, understanding, and compassion as the foundations for peace and progress. We can find common ground and work towards a more inclusive and harmonious world by reflecting on these perspectives.

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You must not lose faith in humanity. Humanity is like an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.



Gandhi's Vow on Religious Equality ... (Page 3/5)

Why Is The Concept of Religious Equality Important in Canada?

Canada is a multicultural society that includes people from many different backgrounds. Everyone is expected to embrace Canadian values and contribute to what Canada represents. Our commitment to diversity is reflected in our policies and the daily lives of Canadians.

However, we do face challenges such as religious intolerance, racial discrimination, and social exclusion. These issues highlight the need for continued efforts toward inclusion and social equality.

Viola Desmond was a Canadian civil rights activist who challenged racial segregation. Her courageous actions contributed to significant changes, reminding us that the struggle for complete inclusion is ongoing.

Gandhi's principles can help Canada in its pursuit of equality:

1) Seeing Diversity as a Strength

Gandhi encouraged us to view diversity as an asset rather than a challenge. As we begin to appreciate various perspectives and experiences, everyone benefits. This mindset aligns with Canadian values and can help reduce prejudice and biases.

2) Encouraging Dialogue Between Different Groups

Similar to Gandhi's interfaith meetings, Canada can create environments where individuals from diverse backgrounds engage in open and respectful dialogue. These discussions help dismantle misunderstandings and foster connections.

3) Addressing Systemic Inequalities

Gandhi advocated for marginalized groups in Indian society. In Canada, this translates to working towards Reconciliation with Indigenous peoples, addressing racial inequalities, and ensuring equal opportunities for everyone. Senator Murray Sinclair stated, "Reconciliation is not an Aboriginal problem—it is a Canadian problem. It involves all of us." This sentiment reflects Gandhi's inclusive approach.

Looking Beyond Religion to Our Shared Humanity

Gandhi's commitment to "religious equality" encourages us to concentrate on the commonalities among different faiths and cultures. He believed that understanding and compassion are crucial for resolving conflicts. This message is essential today, as divisions frequently lead to unrest.

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Gandhi's Vow on Religious Equality ... (Page 4/5)

The Dalai Lama stated, "All humans are the same—made of flesh, bones, and blood. We all desire happiness and wish to avoid suffering." Acknowledging that we share the same desires and fears can help us cultivate empathy and cooperation.

Could Gandhi's Ideas Help Solve Today's Global Conflicts?

Currently, the world is facing conflicts rooted in religious, ethnic, and ideological differences. Gandhi's principles could help resolve many of these disputes. Societies can progress toward peaceful coexistence by highlighting equality and mutual respect.

"Unity in diversity" can alleviate tensions in international relations. For instance, educating individuals from different cultures can help reduce stereotypes and prevent extremism. If international partners collaborate on global issues such as climate change, pandemics, and economic inequality, diverse groups can effectively unite to pursue common goals.

How Can We Apply Gandhi's Vision in Canada and Beyond?

1) Education

Schools can take the initiative to educate young people about Gandhi's principles and the values other peace leaders advocate. This education will inspire them to adopt these values. Jean Augustine, the first African-Canadian woman elected to Parliament, championed inclusive education as a powerful means to shape society.

2) Government Policies

Government policies can promote inclusivity, protect minority rights, combat discrimination, support multicultural programs, and ensure equal access to services.

3) Community Involvement

Local groups and organizations are vital in organizing events that unite people and helping communities foster understanding and solidarity.

4) Personal Commitment

Change begins with each of us. We can make a difference by being open-minded and challenging our own biases. Gandhi said, "You must be the change you wish to see in the world."



Gandhi's Vow on Religious Equality ... (Page 5/5)

Conclusion

Gandhi's vow of religious equality is a timeless concept that transcends countries and cultures. In Canada, embracing this vow can enhance social inclusion, fairness, and equality. We recognize that we are all part of one humanity by looking beyond specific religions and identities.

Applying Gandhi's principles provides a pathway to address current global conflicts. His message of respect and understanding offers hope in a world of division and strife. As we navigate the complexities of modern society, let us draw inspiration from Gandhi and other peace advocates and commit ourselves to building a more inclusive and harmonious world.

Canadian humanitarian Roméo Dallaire stated, "Humanity does not admit of division; any attempt at dividing it into permanent groups is destructive of its essence." Embracing our shared humanity is crucial for overcoming the divisions we face today. Let us carry forward Gandhi's legacy by fostering a culture of equality and inclusion. This will enrich our communities and help create a more peaceful world.



Video Book Summary (PNTV - Philosopher's Notes TV):
Gandhi The Man by Eknath Easwaran



ChatTube Summary: The video discusses Gandhi's transformative journey, as detailed in the book "Gandhi the Man by Eknath Easwaran." It emphasizes Gandhi's commitment to self-discipline and how he embodied the principles of soul force and non-violence to influence the world. The narrator encourages viewers to incorporate wisdom and self-mastery into their lives to become their best selves and effect positive change.

The content provides insights into a renowned historical figure, focusing on their personal philosophy and the disciplines they practiced. It encourages viewers to reflect on their paths to personal mastery and change without mentioning specific brands or sponsorships. Overall, the message emphasizes self-improvement to influence the greater world around us.

Q: In what ways can Gandhi's teachings be applied to personal challenges today?

Gandhi's teachings can be effectively applied to personal challenges in various ways:



Video Book Summary: Gandhi The Man by Eknath Easwaran (Page 2/2)

Q: In what ways can Gandhi's teachings be applied to personal challenges today? (contd.)

1. Practice Non-Violence: Gandhi's philosophy of non-violence extends beyond physical actions to include thoughts and words. When facing conflicts or challenges, approaching situations with a mindset of peaceful resolution can help cultivate understanding and harmony, both internally and externally.

2. Self-Discipline and Mastery: Gandhi believed in the importance of self-discipline to achieve personal goals. By setting clear intentions, establishing routines, and maintaining perseverance in adversity, individuals can achieve greater self-mastery and effectively navigate personal challenges.

3. Embodying Change: One of Gandhi's most powerful messages is that individuals should "be the change they wish to see in the world." This can be applied to personal challenges by taking responsibility for one's actions, attitudes, and behaviors and striving to align them with one's values and goals.

4. Simplification: Gandhi advocated for a simplified lifestyle, focusing on what truly matters. When facing overwhelming challenges, decluttering one's physical and mental life can lead to increased clarity and focus, making it easier to tackle issues head-on.

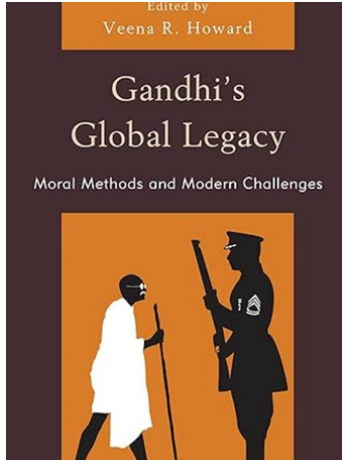
5. Perseverance and Resilience: Gandhi faced numerous setbacks in his fight for justice but remained committed to his cause. Applying this lesson means cultivating resilience in personal challenges, understanding that persistence and commitment to one's values can lead to eventual success, even when progress seems slow.

6. Community Support: Gandhi emphasized the importance of community and collective action in achieving goals. Seeking support from friends, family, or community groups when facing challenges can provide encouragement, resources, and new perspectives that foster personal growth.

7. Introspection and Growth: Gandhi believed in the power of self-reflection. Regularly taking time to reflect on one's thoughts, actions, and motivations can lead to greater self-awareness and allow individuals to navigate their struggles more effectively.

Integrating Gandhi's teachings into daily life allows individuals to cultivate a strong foundation for facing challenges with integrity, compassion, and resilience.

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BOOK SUMMARY:

GANDHI'S GLOBAL LEGACY: MORAL METHODS AND MODERN CHALLENGES (STUDIES IN COMPARATIVE PHILOSOPHY AND RELIGION)

BY VEENA R. HOWARD (EDITOR)

Source: <https://www.amazon.ca/Canadians-Who-Innovate-Trailblazers-Changing/dp/1668023857/>

Book Summary: "Gandhi's Global Legacy: Moral Methods and Modern Challenges," edited by Veena R. Howard, is a comprehensive exploration of Mahatma Gandhi's enduring influence on contemporary moral, political, and social issues. The book, part of the "Studies in Comparative Philosophy and Religion" series, gathers insights from various scholars, highlighting the relevance of Gandhi's ethical and philosophical approaches to modern-day challenges.

Significant Takeaways

- **Relevance of Nonviolence:** Gandhi's principle of nonviolence is as relevant today as it was during his lifetime, offering a robust framework for addressing social injustices and global conflicts.
- **Sustainability and Economic Justice:** Gandhi's vision of a more equitable, sustainable society provides a counter-narrative to modern capitalism and industrialization, offering lessons for contemporary environmental and economic reform movements.
- **Global Impact:** Gandhi's legacy has transcended national boundaries, influencing a wide range of movements and leaders across the world. This shows the universal appeal and adaptability of his ideas.
- **Critical Evaluation:** While Gandhi's contributions are vast, the book also encourages critical reflection on his ideas' limitations, ensuring a balanced understanding of his legacy in modern contexts.

In conclusion, "Gandhi's Global Legacy: Moral Methods and Modern Challenges" is a vital resource for understanding Gandhi's far-reaching impact and the continued relevance of his ethical and moral principles in addressing today's pressing global issues.

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Book Summary: Gandhi's Global Legacy--Moral Methods ad Modern Challenges (Page 2/3)

Key Themes

Moral and Ethical Principles: The book centers on Gandhi's foundational principles of nonviolence (ahimsa) and truth (satya), positioning them as moral methods that can be applied beyond his era. These concepts are portrayed as personal virtues and dynamic social and political activism tools. The contributors argue that Gandhi's notion of nonviolence is not passive but requires active resistance to injustice. This challenges contemporary interpretations of nonviolence as simply the absence of violence.

Gandhi's Critique of Modernity: One of the recurring themes in the book is Gandhi's critique of modern industrial civilization, which he viewed as destructive to humanity and nature. Gandhi's vision of self-reliant villages and decentralized governance is explored as an alternative to the excesses of modern capitalism and globalization. The contributors discuss how his ideas on sustainability, simplicity, and economic equality resonate with current environmental and economic concerns.

Application to Contemporary Social Movements: The essays connect Gandhi's methods and modern social movements, including civil rights, environmentalism, and anti-colonial struggles. For example, Martin Luther King Jr.'s civil rights movement in the United States is shown as a direct legacy of Gandhian nonviolent resistance. The book discusses how Gandhi's techniques have inspired contemporary environmental movements advocating sustainability and reducing consumerism.

Globalization of Gandhi's Ideas: Gandhi's influence is traced beyond India, extending to Africa, the Americas, and Europe. The book highlights how his strategies of peaceful protest, civil disobedience, and the promotion of human rights have been adapted to various cultural contexts. For example, the African National Congress in South Africa and leaders like Nelson Mandela adopted Gandhian principles in their fight against apartheid. Similarly, in Latin America, indigenous movements have found inspiration in Gandhi's emphasis on local autonomy and self-sufficiency.

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Book Summary: Gandhi's Global Legacy--Moral Methods ad Modern Challenges (Page 3/3)

Key Themes (continued)

Challenges in Applying Gandhi's Ideas: The book does not shy away from addressing the complexities and challenges of applying Gandhian methods to the modern world. Contributors examine whether Gandhi's ideals can withstand the realities of contemporary power structures, where violent resistance sometimes seems more effective or necessary. They also critique certain limitations in Gandhi's thought, particularly regarding caste, gender, and his reluctance to embrace industrial technology fully.

Philosophical and Religious Dimensions: Another key theme is exploring Gandhi's philosophy, which is rooted in religious pluralism and spiritual practice. His moral methods are viewed as deeply intertwined with his understanding of religion, particularly the unity of all religions in their ethical teachings. The book addresses how Gandhi's integration of spiritual and political life offers a model for addressing modern religious and cultural conflicts.



The Enduring Teachings of Mahatma Gandhi

Gandhi's 11 Vows:

- 1. Nonviolence (Ahimsa):** Commitment to non-violence and harmlessness towards all living beings.
- 2. Truth (Satya):** Pursuit of truth, both in thought and action.
- 3. Non-stealing (Asteya):** Refraining from taking anything not freely given.
- 4. Chastity (Brahmacharya):** Practicing self-discipline and control over desires.
- 5. Non-possession (Aparigraha):** Embracing simplicity and minimizing possessions to only what is necessary.
- 6. Body-labor (Sharirashrama):** Valuing physical labor as a means to sustain oneself.
- 7. Diet (Aswada):** Advocating for a simple and healthy diet, mindful of the impact on the body and environment.
- 8. Fearlessness (Abhaya):** Cultivating courage to stand by one's convictions and truth.
- 9. Equal respect for all religions (Sarva Dharma Samanatva):** Promoting religious tolerance and understanding.
- 10. Economic strategy (Swadeshi):** Prioritizing local economies and self-sufficiency.
- 11. Untouchability (Asprishyatanivaran):** Opposing caste discrimination and advocating for equality and respect for all individuals, regardless of their social status.

**"Be the change
you wish to see
in the world."**

This simple statement reflects Gandhi's belief in personal responsibility, action, and the power of individual transformation as a catalyst for societal change. It urges everyone to embody the values they wish to see in society, emphasizing that real change starts with oneself.



Join us as a member of the Peace Council: www.gandhiji.ca/joinus
We invite you to join us and embrace Gandhi's Legacy in 2024.

